WHAT IS CLAIMED IS:

1. An insert for a container having a knit line on the container body, a neck defining an opening in the body and a cover configured to threadingly engage the neck, the insert comprising:

an outer wall configured to fit within the opening of the container and defining the periphery of the insert, the outer wall having an upper edge and a lower edge, with the upper edge including an annular lip extending radially outward to prevent the insert from being pushed to far into or through the neck ;

an upstanding spout located within the outer wall; and

a bottom wall connecting the lower edge of the outer wall and the spout to form a channel between the outer wall and the spout,

wherein the lip includes a first portion having a first radius and a second portion having a second radius, wherein the first radius is larger than the second radius with the first portion forming a seal at the knit line of the container when the cover is threaded onto the neck.

2. The insert of claim 1, including a tooth extending from the lip and configured to insert into a notch defined by the neck of the container.

3. The insert of claim 2, wherein the tooth is a spaced distance from the outer wall of the insert.

4. The insert of claim 1, wherein the insert is composed of linear low density polyethylene.

5. The insert of claim 1, wherein the lip forms a gasket seal with neck as the cover is threaded onto the neck.

6. The insert of claim 1, wherein the channel includes an aperture.

7. The insert of claim 6, wherein the channel is sloped toward the aperture.

8. The insert of claim 1, wherein the spout includes at least one straight upper edge.

9. An insert for a container having a body defining a volume, a neck defining an opening in the body and a cover configured to threadingly engage the neck, the insert comprising:

an outer wall configured to fit within the opening of the container and defining the periphery of the insert, the outer wall having an upper edge including a lip extending radially outward from the upper edge to prevent the insert from being pushed to far into or through the neck and a lower edge, with the lip including one of a tooth and notch configured to engage one of the notch and tooth formed in the neck;

an upstanding spout located within the outer wall; and

a bottom wall connecting the lower edge of the outer wall and the spout to form a channel between the outer wall and the spout, wherein the tooth/notch combination inhibits rotation of the insert in the opening and aligns the insert in a preselected orientation.

10. The insert of claim 9, wherein the tooth and notch are positioned to index the alignment of the spout in relationship to the body of the container.

11. The insert of claim 9, wherein the insert is composed of linear low density polyethylene.

12. The insert of claim 9, wherein the lip forms a gasket seal with neck as the cover is threaded onto the neck.

13. The insert of claim 9, wherein the lip includes a first portion having a first radius and a second portion having a second radius, wherein the first radius is larger than the second radius with the first portion forming a seal with the neck at a knit line of the container when the cover is threaded onto the neck.

14. The insert of claim 9, wherein the channel includes an aperture.

15. The insert of claim 14, wherein the channel is sloped toward the aperture.

16. The insert of claim 9, wherein the spout includes at least one straight upper edge.

17. A container having a knit line, the container comprising:

a body defining a partially enclosed volume having an access opening defined by a neck, the neck defining a notch; and

an insert coupled to the neck, the insert comprising:

an outer wall configured to fit within the opening of the container and defining the periphery of the insert, the outer wall having an upper edge and a lower edge, with the upper edge including an annular lip extending radially outward to prevent the insert from being pushed to far into or through the neck ;

a tooth extending from the lip and configured to insert into the notch defined by the neck of the container;

an upstanding spout located within the outer wall; and

a bottom wall connecting the lower edge of the outer wall and the spout to form a channel between the outer wall and the spout,

wherein the lip includes a first portion having a first radius and a second portion having a second radius, wherein the first radius is larger than the second radius with the first portion forming a seal at the knit line of the container when the cover is threaded onto the neck.

18. The container of claim 17, wherein the tooth is a spaced distance from the outer wall of the insert.

19. The container of claim 17, wherein the insert is composed of linear low density polyethylene.

20. The container of claim 17, wherein the lip forms a gasket seal with neck as the cover is threaded onto the neck.

21. The container of claim 17, wherein the channel includes an aperture.

22. The container of claim 21, wherein the channel is sloped toward the aperture.

23. The container of claim 17, wherein the spout includes at least one straight upper edge.

24. The container of claim 17, wherein the container is configured to contain paint.

25. A method for aligning and sealing a container having a knit line, a neck defining an opening in the container, and a cover configured to threadingly engage the neck, the method comprising the steps of :

providing an insert having an annular lip extending radially outward;

configuring the insert to fit within the opening of the container;

configuring the annular lip with a first portion having a first radius and a second portion having a second radius, wherein the first radius is larger than the second radius with the first portion forming a seal at the knit line of the container when the cover is threaded onto the neck;

providing a tooth on the annular lip; and

configuring the tooth to insert into a notch defined in the neck, wherein the tooth/notch combination aligns the first portion of the insert with the knit line of the container.

26. The method of claim 25, including the step of configuring the insert to define a spout.

27. The method of claim 25, wherein the insert is composed of linear low density polyethylene.

28. The method of claim 25, wherein the container is configured to contain paint.